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PDF24 Launcher
QGIS 4.2.0
PDF24 Toolbox
Adobe Acrobat
Audacity
R 4.5.2
Explorer
VLC media player
Firefox
Zotero
Google Chrome
Microsoft Edge
Google Earth Pro
Power BI Desktop
IBM SPSS Statistics
McGill uPrint Refund
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| | | *Physical Activity Level*[b] | | |
|---|---|---|---|---|
| *Gender* | *Age (Years)* | *Sedentary*[c] | *Moderately Active*[c] | *Active*[c] |
| Femaled | 19 - 30 | 1,800 - 2,000 | 2,000 - 2,200 | 2,400 |
| | 31 - 50 | 1,800 | 2,000 | 2,200 |
| | 51+ | 1,600 | 1,800 | 2,000 - 2,200 |
| Male | 19 - 30 | 2,400 - 2,600 | 2,600 - 2,800 | 3,000 |
| | 31 - 50 | 2,200 - 2,400 | 2,400 - 2,600 | 2,800 - 3,000 |
| | 51+ | 2,000 - 2,200 | 2,200 - 2,400 | 2,400 - 2,800 |

CONVERTERS

# Image to LaTeX Converter

Convert images of notes, equations, or tables into LaTeX code

INPUT **Upload Image**

Handwritten notes, equations, tables, or screenshots

| Gender | Age (Years) | Physical Activity Level[6] Sedentary[5] | Moderately Active[6] | Active[6] |
|---|---|---|---|---|
| Femaled | 19 - 30 | 1,800 - 2,000 | 2,000 - 2,200 | 2,400 |
| | 31 - 50 | 1,800 | 2,000 | 2,200 |
| | 51+ | 1,600 | 1,800 | 2,000 - 2,200 |
| Male | 19 - 30 | 2,400 - 2,600 | 2,600 - 2,800 | 3,000 |
| | 31 - 50 | 2,200 - 2,400 | 2,400 - 2,600 | 2,800 - 3,000 |
| | 51+ | 2,000 - 2,200 | 2,200 - 2,400 | 2,400 - 2,800 |

Clear Convert to LaTeX

OUTPUT **LaTeX Code**

Ready to use in your LaTeX documents

Code Preview

```
\hypersetup{pdfauthor={}, pdftitle={Physical Activity Level Tab

\setlength{\parindent}{0pt}

\begin{document}

\definecolor{tablegreen}{RGB}{214,240,214}

\begin{center}
\renewcommand{\arraystretch}{1.3}
\begin{tabular}{|l|c|c|c|c|}
\hline
\rowcolor{tablegreen}
& & \multicolumn{3}{c|}{\emph{Physical Activity Level\textsuper
\rowcolor{tablegreen}
\multicolumn{1}{|c|}{\emph{Gender}} & \emph{Age (Years)} & \emp
Femaled & $19 - 30$ & $1,800 - 2,000$ & $2,000 - 2,200$ & $2,40
& $31 - 50$ & $1,800$ & $2,000$ & $2,200$ \\ \hline
& $51+$ & $1,600$ & $1,800$ & $2,000 - 2,200$ \\ \hline
Male & $19 - 30$ & $2,400 - 2,600$ & $2,600 - 2,800$ & $3,000$
& $31 - 50$ & $2,200 - 2,400$ & $2,400 - 2,600$ & $2,800 - 3,00
& $51+$ & $2,000 - 2,200$ & $2,200 - 2,400$ & $2,400 - 2,800$ \
\end{tabular}
\end{center}

\end{document}
```

Want to convert more images?

| Recommended Pizza Serving Sizes: Small | |
|---|---|
| Crunchy Thin Crust | ¼ pizza |
| Hand Tossed | ⅙ pizza |
| Handmade Pan Pizza | n/a |
| Brooklyn Style | n/a |
| Gluten Free Crust | ⅙ pizza |

| Build Your Own Pizza: | | Weight (grams) | Calories | Calories from Fat | Fat (grams) | Saturated Fat (g.) | Trans Fat (grams) | Cholesterol (mg.) | Sodium (milligrams) | Carbohydrates (g.) | Fiber (grams) | Total Sugars (g.) | Protein (grams) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Amount for Entire Small Pizza | | | | | | | | | | | |
| **Crust** for entire small pizza | Hand Tossed | 318 | 820 | 170 | 19 | 4.5 | 0 | 0 | 930 | 139 | 5 | 7 | 25 |
| | Crunchy Thin Crust | 128 | 490 | 170 | 19 | 3 | 0 | 5 | 85 | 67 | 3 | 4 | 12 |
| | Pan Pizza | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a |
| | Brooklyn Style | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a |
| | Gluten Free Crust | 176 | 520 | 140 | 16 | 2.5 | 0.0 | 0 | 440 | 91 | 3 | 6 | 5 |
| **Sauce** for entire small pizza | Robust Tomato | 85 | 50 | 0 | 0 | 0 | 0 | 0 | 450 | 10 | 2 | 6 | 2 |
| | BBQ | 43 | 80 | 0 | 0 | 0 | 0 | 0 | 310 | 17 | 1 | 15 | 1 |
| | White Garlic Parm | 43 | 190 | 180 | 20 | 3.5 | 0 | 10 | 340 | 2 | 0 | 1 | 1 |
| | Marinara | 85 | 50 | 15 | 1.5 | 0.5 | 0 | 5 | 530 | 8 | 1 | 5 | 2 |
| **Cheese** for entire hand tossed or Crunchy Thin crust small pizza | Regular Cheese | 99 | 260 | 180 | 20 | 12 | 0.5 | 75 | 870 | 5 | 1 | 1 | 16 |
| | Cheese Only Pizza | 142 | 380 | 250 | 28 | 17 | 1 | 105 | 1250 | 8 | 1 | 1 | 23 |
| | Extra Cheese (w/ toppings) | 142 | 380 | 250 | 28 | 17 | 1 | 105 | 1250 | 8 | 1 | 1 | 23 |

CONVERTERS

# Table to LaTeX Converter

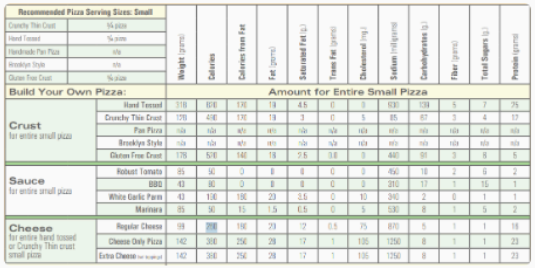
Convert descriptions or images of tables into LaTeX code easily

INPUT **Table Information**

Table Description

Describe your table (e.g., 'A 3×3 table with headers: Name, Age, Score. Data: John, 25, 95; Mary, 30, 88; Bob, 28, 92')

Upload Table Image



| Recommended Pizza Serving Sizes: Small | | Weight (grams) | Calories | Calories from Fat | Fat (grams) | Saturated Fat (g) | Trans Fat (grams) | Cholesterol (mg) | Sodium (milligrams) | Carbohydrates (g) | Fiber (grams) | Total Sugars (g) | Protein (grams) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Crunchy Thin Crust | ¼ pizza | | | | | | | | | | | | |
| Hand Tossed | ¼ pizza | | | | | | | | | | | | |
| Handmade Pan Pizza | n/a | | | | | | | | | | | | |
| Brooklyn Style | n/a | | | | | | | | | | | | |
| Gluten Free Crust | ¼ pizza | | | | | | | | | | | | |
| Build Your Own Pizza: | | Amount for Entire Small Pizza | | | | | | | | | | | |
| Crust for entire small pizza | Hand Tossed | 318 | 820 | 170 | 19 | 4.5 | 0 | 0 | 1630 | 139 | 5 | 7 | 75 |
| | Crunchy Thin Crust | 176 | 430 | 170 | 19 | 3 | 0 | 5 | 85 | 47 | 3 | 4 | 17 |
| | Pan Pizza | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a |
| | Brooklyn Style | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a |
| | Gluten Free Crust | 176 | 520 | 140 | 16 | 2.5 | 0.0 | 0 | 440 | 91 | 3 | 8 | 5 |
| Sauce for entire small pizza | Robust Tomato | 85 | 50 | 0 | 0 | 0 | 0 | 0 | 450 | 10 | 2 | 6 | 2 |
| | BBQ | 43 | 80 | 0 | 0 | 0 | 0 | 0 | 310 | 17 | 1 | 15 | 1 |
| | White Garlic Parm | 43 | 190 | 180 | 20 | 3.5 | 0 | 10 | 340 | 2 | 0 | 1 | 1 |
| | Marinara | 85 | 50 | 15 | 1.5 | 0.5 | 0 | 5 | 530 | 8 | 1 | 5 | 2 |
| Cheese for entire hand tossed or Crunchy Thin crust small pizza | Regular Cheese | 99 | 280 | 160 | 20 | 12 | 0.5 | 75 | 870 | 5 | 1 | 1 | 16 |
| | Cheese Only Pizza | 142 | 300 | 250 | 28 | 17 | 1 | 105 | 1250 | 8 | 1 | 1 | 23 |
| | Extra Cheese for topping | 142 | 300 | 250 | 28 | 17 | 1 | 105 | 1250 | 8 | 1 | 1 | 23 |

Clear Convert to LaTeX

OUTPUT **LaTeX Code**

Ready to use in your LaTeX documents

Code Preview

```
\rowcolor{rowgreen}
\textbf{Crust} & Hand Tossed & 318 & 820 & 170 & 19 & 4.5 & 0 & 8
\rowcolor{rowgreen}
\multirow{4}{=}{for entire small pizza} & Crunchy Thin Crust &
\rowcolor{rowgreen}
 & Pan Pizza & n/a & n/a & n/a & n/a & n/a & n/a & n/a & n/a &
\rowcolor{rowgreen}
 & Brooklyn Style & n/a & n/a & n/a & n/a & n/a & n/a & n/a & r
\rowcolor{rowgreen}
 & Gluten Free Crust & 176 & 520 & 140 & 16 & 2.5 & 0.0 & 0 & 4

\rowcolor{rowgreen}
\textbf{Sauce} & Robust Tomato & 85 & 50 & 0 & 0 & 0 & 0 & 0 & 0 &
\rowcolor{rowgreen}
\multirow{3}{=}{for entire small pizza} & BBQ & 43 & 80 & 0 & 0 &
\rowcolor{rowgreen}
 & White Garlic Parm & 43 & 190 & 180 & 20 & 3.5 & 0 & 10 & 340
\rowcolor{rowgreen}
 & Marinara & 85 & 50 & 15 & 1.5 & 0.5 & 0 & 5 & 530 & 8 & 1 &

\rowcolor{rowgreen}
\textbf{Cheese} & Regular Cheese & 99 & \colorbox{highlightblue
```

Ask Gemini

Action required

ENG US 1:32 PM 2026-07-28

# A Deep Dive into Medical Nutrition Therapy and Physical Activity

View Course details

In this course, we will focus on the critical role of Medical Nutrition Therapy (MNT) and Physical Activity in the management of obesity. This course covers evidence-based strategies to optimize both nutrition and physical activity in order to support weight management, improve metabolic health, and enhance overall well-being.

Understanding how MNT and physical activity can support obesity management is crucial in treating this chronic disease. Throughout the course, we will examine case studies and explore the latest research to help you develop personalized treatment plans. By the end of the course, you will be able to apply these strategies in clinical and public health settings to support the long-term health of individuals living with obesity.

Upon completion of this course, you will receive a certificate of completion.

This course was co-developed between Obesity Canada and The European Association for the Study of Obesity

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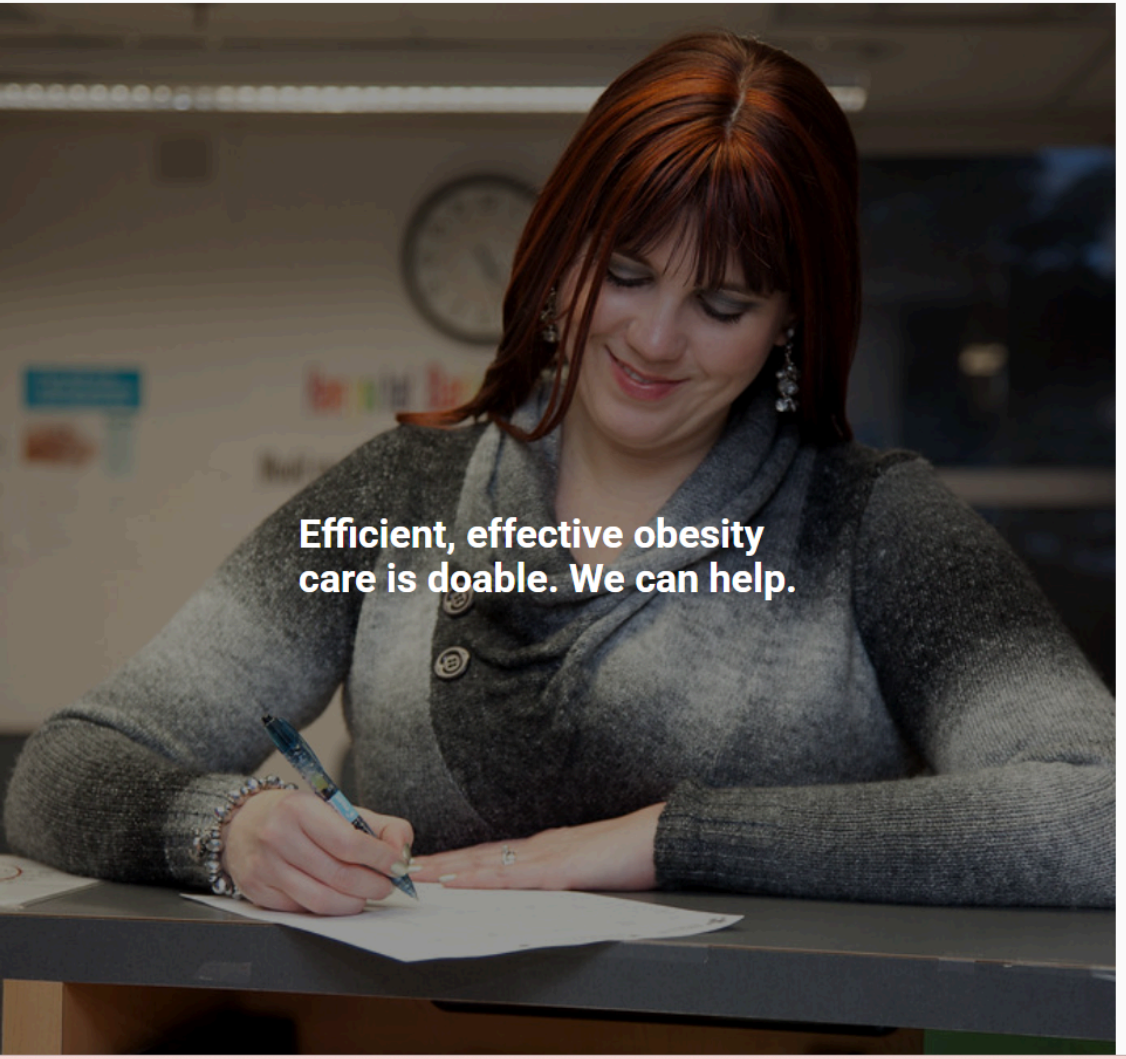


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